



South Pasadena Senior Center Meal Program

1102 Oxley Street, South Pasadena
Phone: (626) 403-7360 | Email: seniorcenter@southpasadenaca.gov

Five or seven day bulk frozen meals available for weekly deliveries on Monday.

COST: \$3.00 per meal

MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Taco Salad Pinto Beans Corn Fruit & Milk	3 Salisbury Steak w/ Gravy Herbed Couscous Sliced Zucchini CA Vegetable Blend Fruit & Milk	4 Teriyaki Beef Brown Rice Onions & Peppers Carrots Fruit & Milk	5 Chicken Tinga Brown Rice Black Beans Green Beans Fruit & Milk	6 Chicken Cacciatore over Couscous Green Peas CA Vegetable Blend Fruit & Milk
9 Ham Sandwich w/ Provolone on WG Bun Coleslaw Sliced Green Peppers Fruit & Milk	10 Lemon Pepper Fish Fillet Moroccan Couscous w/ Herbs Broccoli & Glazed Carrots Fruit & Milk	11 Turkey Burger Potato Wedges Peas & Carrots Fruit & Milk	12 Beef & Pinto Bean Chili 5-Way Mixed Vegetables Fruit & Milk	13 Breaded Pork Chop w/ Creamy Mustard Sauce Mashed Potatoes Green Beans & Cauliflower Fruit & Milk
16 Cajun Chicken Salad Sandwich w/ Carrot Raisin Coleslaw Diced Jicama Fruit & Milk	17 Chicken Fajitas Brown Rice & Black Beans Peppers & Onions Flour Tortillas Fruit & Milk	18 Lemon Dijon Chicken over Mashed Potatoes Sliced Zucchini Green Beans Biscuit Fruit & Milk	19 Beef Strip w/ Orange Sauce Brown Rice Carrots Broccoli Fruit & Milk	20 Breaded Fish Potato Wedges Corn & Broccoli Muffin Fruit & Milk
23 Turkey & Cheese Sandwich on French Roll Radish Slices Kale Slaw Fruit & Milk	24 Pork Carnitas Seasoned Brown Rice Pinto Beans Sliced Zucchini Fruit & Milk	25 Chicken w/ French Onion Sauce Mashed Potatoes Green Beans Dinner Roll Fruit & Milk	26 Chicken Cacciatore Over Couscous Green Peas Ca Vegetable Blend Fruit & Milk	27 Beef Stroganoff w/ Noodles Green Beans Diced Carrots Fruit & Milk
30 SENIOR CENTER IS CLOSED IN OBSERVANCE OF MEMORIAL DAY An extra meal for the closure will be delivered on Monday, May 23 rd	31 Chicken Taco Salad Pinto Beans Corn Fruit & Milk	1 Cheeseburger Sweet Potato Fries Sliced Zucchini Fruit & Milk	2 Chicken Tamale Black Beans w/ Peas & Carrots	3 Fish Fillet w/ Lemon Dijon Sauce over Mashed Potatoes Broccoli 5-Way Mixed Vegetables Fruit & Milk

NOTE: MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.